



## WHAT'S FOR DINNER LBFPD?

You'll feel like you're fine dining on the coastline of the Mediterranean with this saucy, and scrumptious shrimp recipe. Made with fresh ingredients from this week's Long Beach Food Pantry Delivery, this Mediterranean Saucy Shrimp & Vegetables recipe is rich in flavor and nutrition to delight the palate and support your well-being.

### MEDITERRANEAN SAUCY SHRIMP & VEGETABLES (Gluten-free) - Serve with rice



#### Nutritional Facts:

Shrimp is low in calories and high in protein, Omega 3, vitamin B12, niacin, iron, phosphorus, zinc, and magnesium. Potatoes are a good source of fiber, antioxidants, vitamins C and B6, manganese, phosphorus, niacin, and pantothenic acid. While onion, and tomatoes are rich in antioxidants, as well as vitamins A, B6, C, E, and K, and folate. Fresh green beans or carrots a good source of fiber; and are high in vitamins K, A, B, C; folate acid; phosphorous; calcium and more. All this nutritional value assists to boost digestion, bone strength and density, heart, and brain function, as well as overall well-being.

#### Ingredients (Serves 4):

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 5 cloves garlic, thinly sliced
- 1 28-oz. can fire-roasted diced tomatoes
- 1 24-oz. pkg. baby Yukon Gold potatoes, halved crosswise
- 1 pound green beans, trimmed, or 3 large carrots chopped into bite sized pieces
- 1 tablespoon chopped fresh dill, plus more for serving
- 1 ½ teaspoons salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 1 ½ pounds peeled and deveined large raw shrimp
- Crumbled feta cheese, for serving (optional)

#### Instructions:

**Step 1.** In a pot heat oil at medium high. Add onion and garlic and cook while stirring occasionally for 3 -5 minutes until it's tender. Stir in tomatoes and potatoes. Add green beans/carrots, 1 cup water, dill, 1 teaspoon salt, and ½ teaspoon pepper in an even layer over tomato mixture (do not stir). Reduce heat to medium. Cover and leave to cook for 25 minutes.

**Step 2.** Uncover pot, stir in shrimp, and season with remaining ½ teaspoon salt and ¼ teaspoon pepper. Cook for 5 minutes while stirring occasionally until shrimp are pink and cooked through, vegetables are tender, and tomato sauce is slightly thickened.

**Step 3.** Remove from heat, serve in dish with rice and top with dill and optional feta, if desired.

*Eat & Enjoy!*

Recipe adapted from: [www.realsimple.com](http://www.realsimple.com)

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